

Conscious Practice

- Decide what you want to try doing differently. Set up ‘experiments’
- Think about the 4 energies in your leadership. Could you use one more often? Or less?
- Use your Best Self story to be at your best more often – notice when you are Playing to Win and what triggers you out of it
- Complete the final sections of your Leadership Map.
- Set up your support network – share your Leadership Map/Elevator pitch with them and get feedback
- For the next workshop, think of a real business issue that you could do with some brief coaching on e.g. tricky relationship, development need, problem without a solution, etc. Must be real and you mustn’t have already thought of a solution.
- Ask 3-5 people (at least one non-work) for ‘Shadow I Cast’ feedback. Ask:
 - When I’m at my best, what’s it like to be around me? What impact do I have on you??
 - When I’m not at my best, what’s it like to be around me? What impact do I have on you?